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Bangalore Mirror ON SATURDAY

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8 years on, vet students want stipend revision

Students say they cannot make do with Rs 14,000 a month amid rising costs

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Students of the government veterinary colleges across five campuses in Karnataka have launched an indefinite strike demanding a hike in their stipends.

The students of Karnataka Veterinary, Animal, and Fisheries Sciences University complain that there has been no hike in the stipend for almost eight years, with the last one being in 2015. Currently, the students are getting paid a stipend of Rs 14,000 for their veterinary internship as compared to Rs 30,000 that the MBBS students get for their medical internship.

As part of the curriculum, the students need to complete a one-year-long internship at the end of their four-and-half-year undergraduate veterinary course. The internship is to be done on a rotational basis across 24 places with 23 places in Karnataka and one place outside the state.

"For the second half of our internship, we need to travel all over Karnataka in different districts like Shivamogga, Gadag, etc. The stipend that we are getting now is in no way sufficient to cover all the travel costs and other expenses, and health emergencies. Moreover, we do not get any other benefits like food, and accommodation and we have to bear the cost of everything from our own pockets. It ends up costing more than what we get... In some places, we need to pay Rs 600 per day for accommodation which is much more than our wages," Sandeep Hegde, a final-year student of Veterinary College, Hebbal.

The students have been demanding a stipend equivalent to their medical counterparts, MBBS and BDS students, and for their stipend to be increased to Rs 30,000.

"The MBBS students got a stipend hike during the pandemic from Rs 20,000 to Rs 30,000. Whereas, for us, there has been no improvement in the last eight - nine years. Even though the length of the internship period was increased from six months to one year after 2016, we did not get any equivalent hike. Even if I was a daily wage worker, I would be getting at least more than Rs. 500 per day but our stipend is lower than that. We are also doctors and should get equal treatment," Sandeep added.

Many states have increased the veterinary internship stipend in the year 2022, including Bihar, Rajasthan, Gujarat, Tamil Nadu, Punjab, and Chhattisgarh, however, Karnataka is yet to do the same.

"This is the fifth day of our strike that started on Monday. In the first few days, we got a little attention but nothing of substance has happened so far. We have submitted a memorandum, written a letter to the Department of Animal Husbandry, registrar, vice chancellor and we have met many ministers as well," said Gurubasavaraj, another veterinary student told Bangalore Mirror.

Veterinary college students launch an indefinite strike demanding that their stipend be hiked

"We have to travel all over Karnataka and we do not even get any travel, health or emergency expenses –Sandeep Hegde, a final-year student

Stage set for coveted racing event

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The stage is set and all the best horses on the Indian horse racing circuit are ready to parade their skills at the Indian Turf Invitation Cup racing carnival on March 4 and 5 at the Bangalore Turf Club (BTC).

The big event has attracted nine best performed colts and four fillies including Juliette who is fancied to emerge champ in the champion event and the railbirds are delighted with the prospect of watching multiple classic winners in action in the mega event. The `Queen' filly, who won the last edition of the star event at Chennai is the biggest big-draw card considering that the champion mare is under the care of the Bengaluru boy Karthik Ganapathy and that the galloping goldmine is making her maiden appearance on this track.

Most professionals and many old hats in the game revealed that the conditions are perfect for the horses to make a mark and enter the Hall Of Fame. "The onus is now on the professionals to provide a silver lining to the event," said Arjun Manglorkar, who is hoping his classy filly Mirra will add another coveted classic to her list.

BTC chairman Shivkumar Kheny disclosed that the club has made many new arrangements to facilitate the punters. "We are installing 100 more tote counters to make it easy for the punters to pick up their tickets and the Rs 300 entrance ticket will contain a Rs 100 voucher which the punters can utilise for purchase of tickets at the tote window." Kheny revealed that the moment they roped in The Royal Arion Club, sponsors of the big-ticket event, the job was half done.

The Royal Arion Club (TRAC) is India's first exclusive private members and digital sports club. Suresh Paladugu, founder & CEO said: "We will certainly raise the bar in the years ahead."

Govt dragging its feet on poaching: Activists

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A forum of environmentalists across Karnataka on Friday has highlighted the reluctance of the state government in addressing poaching issues in the Biligiri Ranganathaswamy Temple (BRT) tiger reserve and Bandipur tiger reserve.

In a press conference organised by the United Conservation Movement, the members raised the issue saying while multiple letters have been written to the government over the last few years to probe a poaching case that took place seven years ago, no action has been taken so far.

UCM members allege that in 2015, a tiger was shot dead in Tamil Nadu, and its body parts were recovered from the BRT tiger reserve in Karnataka. A forest offense case was filed and the accused that were caught with tiger body parts red-handed were produced in a local court in Chamrajanagar. However, the accused have been set free.

"The accused managed to move the case to Madras High Court citing the reason that the tiger was shot in Tamil Nadu. After some time, the Madras court disposed of the case stating it is infructuous. Post that, we have been writing to the Karnataka government for years to take up the case at Karnataka High Court and ensure that the accused are put behind the bars. We were told that the Forest, Ecology, and Environment Department of the state government is looking into the matter. However, no action has been taken so far," said Joseph Hoover, president of UCM and former member of the State Wildlife Board.

The forum also alleged that while no action has been taken against poachers and their accomplices in the given case so far, farmers and forest settlers in the areas have been arrested frequently for similar or lesser offenses.

"We lost a national animal and its body parts were discovered with the accused. We have written multiple letters to the chief minister's office but to no avail. The Karnataka Forest Department has also not taken any action due to some pressure. At the same time, when they catch a tribal who has snared a deer, the person is immediately put in jail. We want the government to look into the matter and support the Forest Department along with honest officials. It is the government's prerogative to act and pursue this case afresh in the Karnataka High Court," said Hoover.

Tigers are poached heavily in India and authorities are slow to take action, allege environmentalists

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How civic bodies' discordant work has put residents of Benson Cross Road at their wit's end

ODD COUPLE, BUSY BODIES

Tarred by BBMP, dug up by BESCOM

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A total lack of interdepartmental coordination among civic agencies has caused a lot of inconvenience to Bengalureans in the past.

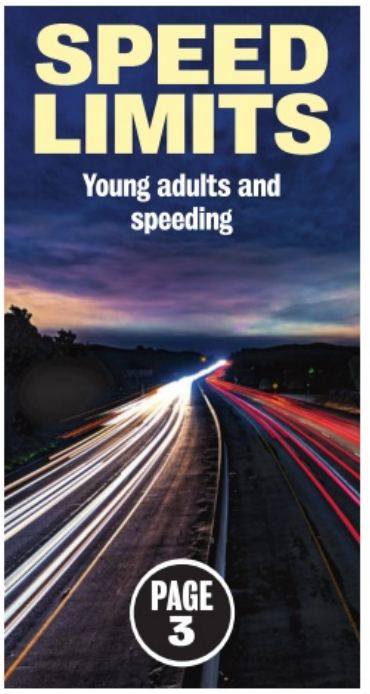
Now, the latest episode of the incongruity between Bruhat Bengaluru Mahanagara Palike (BBMP) and Bangalore Electricity Supply Company Limited (BESCOM) has put the residents of Benson Cross Road at their wit's end.

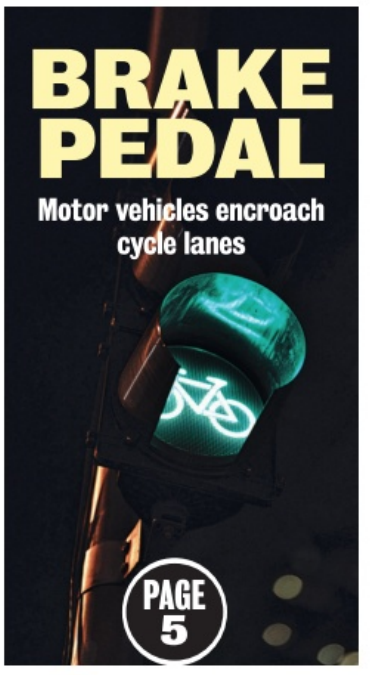
Residents said while the narrow stretch with busy traffic was recently tarred by the BBMP, it has been dug up again by BESCOM; officials cited cable work as the reason.

"It has not been a month since the stretch was tarred by the BBMP. However, in a couple of weeks, some other civic body comes along and digs it up indiscriminately. BESCOM had dug up a four feet deep hole; while they have filled it up now, debris is scattered all over the place. There are rocks and

CONTINUED ON PAGE 4 »

"If they dig up a tarred road, they have to redo it in the same fashion. BESCOM has filled up the ditch with mud, which will get washed away with the first shower..." – Susan P, local resident





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FORM-IV

(See Rule-8)

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I, R. J. PRAKASHAN hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-
Date : 04.03.2023 **R. J. PRAKASHAN**
Publisher

In the mood for dragon fruit juice?

B'luru scientists come up with first dragon fruit beverage in India

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A group of scientists have come out with a ready-to-serve dragon fruit beverage after nearly two years of researching on the exotic fruit native to Mexico and Central America.

While the fruit is available in supermarkets, HOPCOMS, and even sold by vendors, this is the first time a ready-to-serve beverage is being sold.

Scientists at the Indian Institute of Horticulture and Research (IIHR) said that they capitalised on the fruit's growing popularity in the country and put the beverage on display at the recently held IIHR fair.

In India, dragon fruit is cultivated on around 3,000 hectares in several states on the country. With demand growing, the Government of India is targeting to expand its cultivation to 50,000 hectares in five years. Currently the fruits are sold at Rs 150-200/kg in the market and is consumed raw.

Dr Pushpa Chetan Kumar, scientist at IIHR said, "The research was carried out between 2020-2021 and it was released in November 2022. It is a bright pink c beverage and will provide consumers a soothing lighter taste. This beverage has a shelf life of six months under ambient condition. No synthetic flavour and colour have been used. In India, currently, no ready-to-serve (RTS) beverage from dragon fruit in packaged form is available commercially even in e-platforms. That is why, the ICAR-IIHR developed a RTS from dragon fruit using a method where the seeds and the mucilage have been removed but with the retention of its exotic colour and taste. Not only does it have good appearance, it is also filled with Vitamin C, polyphenols and a red colour natural pigment called as betalains."

The dragon fruit beverage is healthy & tasty: scientists

> **"The beverage has a bright pink colour and no synthetic colour or flavours have been used; it can be stored for six months**
> –Dr Pushpa Chetan Kumar, scientist

The technology used to make the drink is now being made available for licensing. The fruit produces a soothing taste which is enjoyed by many, unlike the taste of mango or pineapple fruits which are stronger in nature, said Dr Pushpa.

The exotic fruit has a bright natural red pigment with health promoting activity. Dragon fruit may not have a strong flavour but its mild taste is relished by its consumers.

The white-fleshed fruits are grown in Malaysia, Vietnam, Thailand, Indonesia, China etc. The fruit is a good source of bioactive compounds and also has various other health benefits like it is rich in antioxidants and is naturally fat free is high in fibre content. It can even strengthen immune system and low the blood pressure levels.

Igniting young minds for a better future

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A group of volunteers and teachers are helping SSLC students from economically weak backgrounds study mathematics and science for the upcoming examinations.

Inspired by late BN Vijayakumar, Jayanagar MLA who used to organise free tuition classes for the SSLC students, Garuda Foundation and Slum Samsthe Education Samithi have organised free tuition classes at Maruthi Vidyalaya, on Siddaiah Road near Agadi Hospital from December 26. The classes were for 150 students preparing for the SSLC examinations and cannot afford tuition classes.

"My parents could not afford to pay the tuition fees. I am grateful to the volunteers and teachers; thanks to their guidance, I wrote the mathematics preparatory examination well," said Varishni G, a SSLC student who wants to become an engineer in future.

"Our inspiration is the late B N Vijayakumar," said Bhagyavathi Amaresh, one of the organisers, adding that she wants to continue conducting tuition classes in future.

Students from underprivileged homes study at the free classes

More than 10 teachers volunteered to teach mathematics and science subjects free of cost. "I used to take tuition classes organised by the then MLA of Jayanagar," said Satya Prasad, a teacher who commutes from Gubbalala, Subramanyapura, to Wilson Garden to teach, while Deepa, another teacher, commutes from JP Nagar.

The students were given SSLC guide books on mathematics, science and social science supplied by Bengaluru South MP Tejasvi Surya. They were also provided snacks before attending the tuition classes.

Appreciating the volunteers for organising tuition classes, Pushpa A, the warden of a girls' hostel, said the free tuition classes were a great help for the 10 girl students from her hostel.

Though the organisers were ready to provide books and snacks, getting teachers with dedication and commitment was a big task for them. "I retired as a professor at Vijaya College. Around 60 of my students have become teachers and are working at various schools across the city. I availed of their services to conduct free tuition classes," said Sameera Simha, Joint Secretary of Vijaya College Management.

Others have also pitched in. At Maruthi Vidyalaya, management allowed the volunteers and teachers to conduct tuition classes at its school premises.

The tuition classes were supposed to be concluded on February 26 but got extended till March 11 based on the request by students and their parents.

Public should be 'whistleblowers' against corruption: Lokayukta

After an MLA's son was caught accepting a bribe red-handed, Lokayukta Justice BS Patil has said that it is time for the public to act as 'whistleblowers' to curb corruption.

On Friday, Patil said, "We acknowledge the courage of those who approached Lokayukta instead of paying the bribe, which helped us in uncovering the deal and catching the accused. This is a lesson for everyone as people should not be mute spectators when there is a corruption case around."

Patil said that Rs 2.02 crore was recovered from the Karnataka Soaps and Detergents Limited (KSDL) office and Rs 6.1 crore from the accused Prashanth's house. Five persons have been apprehended and taken into custody. In the FIR, MLA Virupakshappa Madal and his son are both accused.

"Searches were carried by five teams throughout the night in the office and residential premises of the accused persons at Sanjaynagar, their houses at Shivananda Circle, residential premises of Mahesh M, managing director, KSDL in Banashankari Nagar, and in the hometown of Virupakshappa," the Lokayukta said in a statement.

14-day judicial custody

The MLA's son was caught accepting the bribe from a contractor, Shreyas Kashyap, of Chemixil Corporation at the KSDL office. On Friday, Lokayukta sleuths recovered more than Rs 6 crore unaccounted cash from Prashanth. He was working as a chief accountant at the Bangalore Water Supply and Sewerage Board (BWSSB). Meanwhile, the Special Lokayukta Court remanded Prashanth to 14 days of judicial custody as raids are pending. Officials will seek his custody after the completion of preliminary investigations. Four other accused in the case have also been remanded to judicial custody. Authorities are also likely to take the BJP MLA into custody and question him, they said.

Virupaksha quits as KSDL Chairman

Meanwhile, Virupaksha sent in his resignation for the post of chairman of KSDL on Friday through his friends. "There is no connection between the Lokayukta raids and myself. This is a conspiracy against my family. I am tendering my resignation as per the moral obligation and since these allegations have surfaced against me," the MLA stated in his resignation letter.

Setback for BJP

Union Home Minister Amit Shah flagged off the Vijay Sankalp Yatra from Bidar on Friday. However, the MLA's son's actions have now turned out to be a setback for the ruling party. The Congress stated that the raids proved their allegations of corruption and commission charges.

Speed limits: They're here to save you

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Bengaluru recorded 913 cases of speeding in the first month of 2023. Out of these cases, 669 were registered against cars, three against jeeps, 188 against two-wheelers, and one against a tempo.

Residents of the city said that it is mostly youngsters that are involved in speeding. They also said that these instances mostly happen during the night.

Aastha, a resident of Koramangala, said that speeding can lead to terrible accidents, and yet, proper action is not being taken against it.

"Last week, a two-wheeler driver was speeding near Nexus mall, despite policemen being present in the area. Even if there are CCTV cameras that catch these violations, I think that there is a requirement for more traffic policemen on the field to regulate these things. Speeding is a major reason behind increasing accidents in the city," she told Bangalore Mirror.

Sanjay, a commuter who was recently in an accident, said that the government should increase traffic fines to make sure that the problem does not escalate any further.

"The main problem is that even if people are fined or caught by the police, they continue to do the same thing. These are mostly young people with expensive bikes who don't mind giving Rs 500 for violating rules. If the department starts taking more fines, I think that will decrease such cases," he said.

MN Sreehari, a traffic expert, blamed adolescent reckless driving as a factor for speeding cases.

"These days, young individuals, particularly those between the ages of 18 and 22, engage in reckless driving and speeding. Despite the traffic police department conducting several awareness programmes and workshops in schools and colleges, it doesn't seem to be working. We have to educate youngsters about the value of safe driving," he said.

Traffic police officials have said that they are taking steps to educate young minds about road safety.

"In order to make it easy to apprehend offenders, the department has placed several CCTV cameras across the city. The department has also started a number of training programmes to inform people about the need for safe driving," informed police.

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Discourse correction

News dissemination and the electoral process are intertwined in democracy. The news cycle plays a decisive role in electioneering no matter how much political outfits and crony capitalists undercut the currency of independent media that do not sing their paeans.

That is why the apex court's recent observation is a call to fix forever the anomaly of mounting undemocratic tendencies of a wayward press often engaged as a sort of 'assassin for hire'.

"A large section of the media has abdicated its role and become partisan," Justice KM Joseph observed during the landmark hearing through which the apex court constituted a panel comprising the Prime Minister, Supreme Court Chief Justice and Leader of the Opposition to appoint the Chief Election Commissioner.

The Supreme Court noted, "the relenting abuse of the electoral process over a period of time is the surest way to the grave of democracy," stressing that free and fair elections are paramount.

"A person who is in a state of obligation or indebted to who appointed him fails the nation and can have no place in the process of election which forms the very foundations of democracy," the apex court observed on the appointment of election commissioners, LiveLaw reported.

This is a seminal and timely direction from the country's highest court to set right what's being stolen from right under the electorate's feet of late which has put the world's largest and most populous democracy on a dangerously unsure footing, under immense pressure to buckle and yield the fundamental right of the individual to free press, jurisprudence, citizenship and the sovereign entitlement to hold the elected representative responsible for their action.

The prevailing confusion amongst the uninitiated about the definition of free press makes the apex court's remark about media truly directional for those lost in the pandemonium.

Nevertheless, the tremendous transformation in modes of communication in the past decade warrant an all inclusive new pivot to safeguard not only the media but all the constitutional machineries as the Supreme Court's observations attempt time and again to caution, for the benefit of the electorate, and point to the blurring line between the executive and constitutional guarantees.

Errors in judgement are natural if one is bombarded with propaganda on the handheld device. Like the needle in the haystack, it is an immensely arduous task to see, hear and draw on hard facts and figures from the daily digital overdose; it tires even the most discerning reader and distances them from the mainstream discourse — the oft-repulsive and most despicable antics of the

pliant press apart.

It's a travesty that the digital capital is used to further social, cultural and political divisions, and to homogenise, but not to strengthen the diverse social fabric.

The worrying aspect of the mobile phone centric news dissemination is the diminishing sense of editorial direction where stories that matter are lost or deliberately hidden from view. This has resulted in an absurd situation -- even news on the origins of the coronavirus doesn't warrant newspaper columns or headline news in digital portals anymore though covid-19 held the news agenda for over a year just recently.

What's worse: those thirsting for news and current affairs, or journalists themselves, are boxed in elsewhere such as YouTube channels to discuss and decipher the zeitgeist while awaiting justice that often seems to slip further away into the horizon held hostage by the deceitful dissonance of mainstream press.

How lost are we in our digital distraction that even a head-to-head collision of trains in Greece or a devastating earthquake in the Anatolian peninsula are unable to forcibly shake our heads off the mobile device and make us ponder? Ain't this digital distraction gone a tad too far now? Is it affecting our social evolution rendering us incapable of sorting our own thoughts?

It appears as though the obsessive and compulsive grip of absolute power does not want to do good by an impoverished people — a psychological anomaly that disenfranchises an entire electorate over a period of time, slowly and steadily gnawing at democracy. Should not we reflect on what constitutes doing good by a people, as a people?

Is 'good' stealing people's mandate through buying elected representatives after a hotly contested election? Is 'good' unleashing brute power of the establishment on the powerless — the minorities, Dalits and the socially marginalised and vulnerable, dangling a sword over their identity, citizenship, their Indianness nevertheless? Is 'good' gagging the media and imprisoning independent journalists? Is the attempt to suppress jurisprudence 'good'? These abhorrent tendencies definitely call for deep thought and reflection however much you are distracted from the country's harsh realities, forced to retreat into the digital den.

For reflection and introspection one needs a constant flow of facts from independent media as duly noted by the apex court, not fake news, propaganda or bite-sized partisan plugs.

Space to call their own

Vendors welcome BBMP allocating them vending zones, but ask why there was no consultation with Town Vending Committees

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TWEETS @BangaloreMIRROR

In good news for street hawkers in the city, Bruhat Bengaluru Mahanagara Palike (BBMP) has allocated spaces for street vending zones. However street vendors have expressed displeasure over lack of consultation in the Town Vending Committee (TVC).

For years, street vendors have struggled with their operations, as the Palike has failed to provide them adequate vending zones as per the Street Vendors Act. Without designated spots, vendors are evicted at the behest of complaints by citizens. Availability of such spots could ensure the stability of their operations as well address the issue of footpath usage by street hawkers, a very common complaint by pedestrians.

In the new Budget for 2023-2024, the BBMP has allocated Rs 25 crore for the development of street hawker zones. Two hawker zones have been identified in each of the assembly constituencies of the city. There are 17 assembly constituencies, and as per the budget, 34 vending zones will come up in the city.

Palike is in the process of conducting a city-wide survey of street vendors and TVC has been formed. So far, 67,385 street vendors have been identified under the Prime Minister Swanidhi scheme and 36,115 beneficiaries have already received financial assistance from banks.

Previously, the survey was conducted in 2017. The Palike is awaiting for completion of the survey in order to start the street vendor vending zones. BBMP said the proposal and DPR for vending zones have been prepared by the zonal commissioner level. TVC from each zone are required to submit to the Karnataka Skill Development Authority (KSDA).

Street vendors have often faced threat of eviction

While the TVC does have a collective governing head, a redressal committee is to be formed but has been on hold due to delay in BBMP elections

While street vendors appreciate the move by the Palike, they question why it was not discussed in TVCs.

A member of Bengaluru Street Vendors Association, S Babu, told BM, "BBMP has allocated funds for development of street vending zones but has not been discussed in TVC. As of now, TVC has not been fulfilled and the issue of street vending zones, food courts, and natural markets has not been discussed. Palike is trying to develop vending zones without allocating space for it yet. Previous budgets have also allocated funds for vending zones but have failed in implementation."

> **"We have been asking for natural markets in Vijayanagar, Jayanagar, Gandhi Bazaar**
>
> –S Babu, vendors' association

He added that as per the Act, natural markets have to be announced. "We have been asking for natural markets in Vijayanagar, Jayanagar, Gandhi Bazaar but still no action has been taken. It has been seven months since the matter has been in consideration. Additionally, Street vendor ID card license has been lapsed and has not been renewed," he added.

Stuck at a cross road

CONTINUED FROM PAGE 1

loose soil on the pavement and side of the road," said Vikram, a resident of the layout.

With debris unattended, a good portion of the stretch and the pavement have been rendered unusable. Residents told BM that they were happy after the road was repaired by the civic agency after years of neglect. They said the unattended debris on a narrow stretch poses a great risk of road accidents.

"The Benson Cross Road is a narrow stretch, hardly 30 feet wide with two-way traffic. BBMP, while tarring the road, has put multiple speed breakers keeping in mind how busy the stretch gets. Before the repair, buses, trucks, construction vehicles, and tonnes of two-wheelers used to zip past creating life-threatening situations. But when the road was repaired, we thought the worst was over. However, we are back to square one," said a pedestrian on the stretch.

Daniel, a visibly irked resident of the area told BM: "All the agencies have been working independently and there seems to be no coordination amongst them. The jobs they do are half hearted too. This is a physical manifestation of incompetence and corruption. BESCOM should have done this work while BBMP was repairing the stretch."

With debris scattered everywhere and damaged stretches, local residents said they are worried about the first shower that the city might receive as early as in April. The pavement rendered useless for pedestrians is not acceptable to them as well.

"We spoke to the BESCOM workers while they were digging up the road a few days ago. We were told that it is to repair a faulty cable. There is no way that a pedestrian can walk on the pavement. If they dig up a tarred road, they have to redo it in the same fashion. BESCOM has filled up the ditch with mud, which will get washed away with the first shower, leaving behind a gaping hole of four feet for the motorists and pedestrians to navigate," said Susan P, another resident.

When BM reached out to the BBMP official concerned, they assured that the dug-up section will be tarred soon.

"This is the issue that BBMP has been facing for years now. Other agencies dig up perfectly done roads by the BBMP and do not repair them as needed. We have been coordinating with various agencies on this issue. However, we will reach out to the BESCOM official concerned and get the road repaired. If they refuse, BBMP will surely fix it," said an official from BBMP Major Roads department.

Cycle tracks are the limit

Two-wheelers riders don't think twice before entering cycle lanes in Kundalahalli, Traffic Police now plans to ensure strict enforcement of lane discipline to curb violations

Shreyashi Mukherjee & Iffath Fathima
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TWEETS @BangaloreMirror

The cyclists at ITPL Main Road in Kundalahalli are not able to use the cycle lane as it has been encroached by bikes and other vehicles. The cyclists say that they find it very difficult to cycle on the road.

Some of the cyclists also pointed out that motorised two-wheelers make the cycle lanes very unsafe.

Smita K, a cyclist, said, "The bikes make the lanes very difficult to use. If they see cycles in front of them, then these people will keep honking and that will again cause accidents. There should be strict rules for the cyclists as well so that they can practice properly."

Other cyclists added that because of the cycle lanes being encroached, they have to use the main road for cycling.

"Because of the two-wheelers taking up all the space on the cycle lane, people are forced to use the main road for cycling and that is why the accidents among cyclists are increasing every second day," another cyclist informed anonymously.

Cyclists demand strict rules to prevent encroachment on cycle lanes

Further, the cyclists said that because of the unsafe and improper conditions of cycle lanes some people have even given up the habit of cycling.

Dheeraj Ashok, another cyclist, told Bangalore Mirror that for people who are new to cycling, it will be very difficult for them to continue because of having no proper lanes dedicated to cycling.

"Cycling is a very good habit and the government should try to encourage more people to take it up, instead they are not even paying attention to the existing facilities that can help the cyclists. I know so many people who have given up cycling because of all these hassles," he said.

A lot of cyclists feel that there must be strict rules and fines to prevent such encroachment from happening in cycle lanes.

Meanwhile, the Bengaluru Traffic Police (BTP) has come forward to carry out strict enforcement and is fining the two-wheeler riders using this stretch.

The bicycle lane was installed by the Directorate of Urban Land Transport (DULT), for the cyclists to cycle without any interference from the other riders or drivers.

The bicycle lane separators are installed with bollards painted in yellow and red. These are the newly installed bollards by the DULT under the Sustainable Mobility Accords (SUMA) grant.

A senior traffic police officer from Mahadevapura police station told BM that the BTP has started to fine two wheeler riders who are riding on the cycle lane.

"Strict enforcement will be carried out. However, there are no sign boards installed for the public to know that the lane is dedicated to cyclists only. In order to create awareness we have assigned some constables to be on the spot and create awareness," he said.

"We need an extensive network of bicycle lanes, and corporations stepping forward to demand more of these to solve traffic and pollution problems in the city. More than half the problems in the city are unbridled motor vehicles. They need to be penalised," said Sathya Sankaran, Bicycle Mayor.

Many cyclists went on to demand strict rules against the motor vehicle riders.

"Dedicated cycle lanes are meant to be used by cyclists only. Cycles are slow moving machines and bikers coming in the same lane creates commotion on this lane,"said JC Aravind, a cycling enthusiast.

Waste to bring change in school

Under a sustainable initiative, the students of Government Model Primary School, Peenya are now using benches and desks made from recycled plastic. The ITC Ltd's 'Yippee! Better World' programme is creating awareness amongst students on plastic waste management and deploys bench-desk sets made from recycled plastic, in schools.

"The program has been structured in such a manner as to bring behavioral change in 2.5 lakh school students, by conducting awareness sessions on plastic waste, its impact on the environment, and ways to reduce, reuse and recycle," said the organisers. Students are also being encouraged to collect household plastic waste and deposit them at designated collection points in the school. The plastic waste will be recycled to create 1,000 sets of benches and desks. **-BMB**

Response connect initiative

Moonscape to smooth as silk: The transformation of roads in Shivajinagar

People living in Bengaluru have been visiting the Russel Market for decades in order to buy a range of dry fruits. For many others, a visit to the market is more of a daily or weekly affair. However, almost everyone who visits the market or areas nearby would often complain about the traffic snarls and the narrow roads one has to navigate in order to get there.

Not anymore. In case you last visited Shivajinagar in the past few years, be prepared to be surprised. Most roads in the constituency have got a fresh coat of tar or have been completely overhauled in the past three years, giving residents and visitors a smooth driving experience at par with the best of the city.

"We had gotten used to shoddy patchwork whenever we would complain of bad roads. If an individual was injured or succumbed to death in an accident, a fresh coat of tar would be laid. Nevertheless, within a few weeks, some or the other agency would dig up a part of it for their work. This was the state of roads for decades," said Niwaz Ahmed, a resident of HKP Road.

The poor condition of the road was a nightmare for those who regularly commuted through Shivajinagar or visited its iconic hotspots. "I work very close to Russell Market and regularly go there to purchase vegetables, meat, and fruits. However, for as long as I can remember, it was a pain to approach the market, find parking and exit it due to bad roads and traffic jams," said Aquib Sharif, who works on Queen's Road. "However, the traffic jams have reduced a lot now, and driving through Queen's road to the market is a much more enjoyable experience," he said.

Shivajinagar is one of the constituencies selected for the Smart Cities Project and was instrumental in changing how roads were

maintained. Using the project, the local representative met officials from various civic agencies to identify problem roads and think of solutions. With inputs from residents and engineers, work began on a comprehensive road development project for Shivajinagar, keeping in mind the needs of the entire constituency and commuters who travel through various areas daily.

The change is visible today, as you no longer have to swerve around potholes or pray that your wheel doesn't sink into slush on the road. Core roads in the constituency, like Raja Ram Mohan Roy Road, Ulsoor Main Road, Gangadhar Chetty Road, Cubbon Road, Dickinson Road, Infantry Road, Mission Road, HKP Road, Queen's Road, Miller's Road, not only have turned into better roads but for the first time have walkable footpaths.

"We wanted to build a road and footpath network that serves all kinds of visitors and people who live in the area, and we are proud of the work that has been done. I will continue to monitor the roads constantly since upgradation and maintenance is a continuous process as the number of vehicles in Bengaluru grows," says Rizwan Arshad, the MLA of Shivajinagar.

Umesh Subramanyam from Nandidurga road recalls how pathetic the state of the road was. "For 18 years, residents of Nandidurga road approached several officials and submitted various complaints regarding the state of the road. No one took us seriously until MLA Rizwan Arshad came to power. Today, the road has been completely fixed, and traffic snarls are not an issue anymore," he said.

Walkable footpaths for the first time in Shivajinagar:

Many roads in Shivajinagar have been given a facelift under the Smart City Project. Ganagadhar Chetty road near Ulsoor Lake, Dickinson Road, Aga Abbas Ali Road, Ajantha Theatre Road, St John's road, and Palace road in front of Shangri-La hotel have all been made into concrete roads with walkable footpaths for the first time.

For over 400 years, Commercial Street has been a center for trade in Bengaluru. The street recently witnessed bad flooding due to improper drains and unscientific roads. Come every monsoon, the shops would flood, and commercial establishments, especially the garment businesses, lost a lot of money due to flooding. "Commercial street was in desperate need of change. Even though it was a challenge for two years, today, the street is completely flood-free," said Zammer Basha, a shop owner in Commercial Street. The shopkeeper also pointed out the distasteful behaviour of BWSSB officials who always play a spoilt sport and come up with reasons to dig the roads.

"Shivajinagar had a huge parking problem, and some of it has been eased with the construction of the area around Russell Market. Many roads like Commercial Street, Infantry Road, HKP Road, Dispensary Road, and others have had a complete facelift. Concreting and asphalting of a few roads is still in progress and will be completed soon," MLA Rizwan Arshad added.

The roads of Jayamahal especially the 1st Main Road and roads around it have been embellished and the problems associated with roads and road safety have been taken care of. The road construction on the Shivaji road is nearing its end and will be accomplished soon.

Whenever road safety is concerned the issue pedestrian safety always takes a backseat. People in Sampangiram Nagar are happy that pedestrian safety has now garnered enough attention and the officials are stressing on building and reconstructing footpaths. "Walking my kids home from school was always a matter of concern as the roads in Sampangiram Nagar hardly had any space for the pedestrians to walk. The fear of getting hit by a vehicle remained each time I walked on the roads. The embellished first main road is a sight for the sore eyes. I am satisfied by the efforts taken by the MLA and I am happy that he considered the safety of the pedestrians as well," said Ranjitha Kumar, a resident of Sampangiram Nagar.

The sub arterial roads in the Shivajinagar have also received an adornment and Shivajinagar Constituency has received the maximum road coverage which is a milestone achieved with roads like Makkan Road, Armstrong Road, and Thimmaiah Road getting a complete revival. "Work on smaller roads inside Halasuru, Ramaswamy Palya, and Vasanthnagar are in progress. We will complete the work soon which will help in a holistic development of roads in Shivajinagar Assembly Constituency," stated Rizwan Arshad.

For residents, the transformation can be seen in the relaxed smiles they wear on their faces while travelling, where once before, there would be expressions of rage or resignation.

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

FRESH CATCH

A green bee-eater at Sarjapur Road

The picture was clicked by BM reader **Chandar Natarajan**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Safe commute remains a dream

Road in Kyalasanahalli is uneven, broken; no action has been taken despite several complaints, say residents

| Shreyashi Mukherjee
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TWEETS @BangaloreMirror

The residents staying in Kyalasanahalli say that the road in front of the apartment named Upkar Meadows has been in a terrible condition for a very long time. The road has been causing a lot of inconveniences to everyone.

The residents mentioned that despite numerous complaints, no action was taken to fix the roads.

Keerthan M, a resident of the area, said, "This road has been in a terrible condition for years. The potholes are covering the entire stretch of the road, making commuting a very difficult task. This is quite a busy road and used by a lot of people. The authorities should not make any delay to fix the road in this area."

Other residents added that the road was quite risky for people riding two-wheelers.

"For people driving two-wheelers, this road is a nightmare. It is completely uneven and broken at places as well. It gets very difficult to drive through this road, especially during the evening hours as it is difficult to see in the dark," said Shivam Arora, another resident.

There are many school children who also use the busy road as well. Residents fear that children might get injured if the road is not fixed soon.

"There are several school children staying in this area and for them this road is quite risky. A lot of them use cycles to go to school. If they are not careful on the road then they can fall and injure themselves," Arvind Ashok, another resident told Bangalore Mirror.

The road is filled with potholes, and is uneven and broken at several place

"My daughter went to school on her cycle but she fell down and hurt herself quite a few times. Therefore, I stopped letting her go alone. It is too risky for children. In fact, everyone must be careful while they are using the road," a resident anonymously informed.

The residents pointed out that the apartment in the area also has several people living there who use this road. Even after several complaints no action has been taken to fix the road.

Meanwhile, a Bruhat Bengaluru Mahanagara Palike (BBMP) official said that they will try to start the work in the area soon.

DID YOU KNOW?

In the days before electricity, the roads in Bengaluru were lit by kerosene lamps, which were maintained by a team of three men who were responsible for different tasks related to street lighting. One person was responsible for cleaning the soot left behind by the previous night's fuel, another filled the lamp with kerosene, and the third lit the flame. An inspector oversaw the lighting scheme across the city. This continued until the evening of August 5, 1905, when a large crowd at KR Market witnessed the lights coming on with the flick of a switch, making Bengaluru the first city in Asia to illuminate its streets with electricity.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

How does the city become more inclusive for cyclists and pedestrians?

Srinidhi, BM Reader
A separate cycle line should be made. We also see it is made in some places, but there should be strict rules that only cycles are allowed and not other two-wheelers. People also should take some responsibility and follow the rules.

Seetharam, BM Reader
I feel like it might be too late as far as town planning is concerned because we seemed to have mushroomed without thinking of both pedestrian traffic and cyclists. In older parts of the city, even with the traffic, it's still possible for them to co-exist with the SUVs. Separate parking spaces should be provided to cyclists.

Mrunali Sundar, BM Reader
In terms of how we think, motorists seem to feel that they're doing pedestrians a favour by letting them cross, even at zebra crossings. I feel like this is particularly unique to our country. We could try and implement signalised pedestrian crossing (crosswalk buttons), which is a huge part of Singapore.

Chetan Singh, BM Reader
All our elected representatives right from the CM, ministers, mayor, MLA's, corporators, etc should cycle once in a week to their offices or on their official duties. This will then create a right inclusive mindset.

Gershem Sunder, BM Reader
Bikes and scooters that use lanes dedicated for cyclists should be penalised. The quality of footpaths at places that see a high footfall should be made accessible to everyone.

Anil, BM Reader
The cyclists and pedestrians are facing issues on a daily basis. The increasing number of motor vehicles disturb and block the way for both pedestrians and cyclists.

SPEAK TO US

What are the three things that the budget missed this year?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Summer must-haves

Find out how to keep it cool and slay with your dressing style this summer

While purchasing off-beat products is mood-boosting, having the essentials in your wardrobe is mood-matching. No matter how hot it gets, it's important to know what clothes to pick for the summer season. This summer we're crushing on mini skirts, hot shorts and dresses that are made with breathable fabrics in easy fits and all in all, provide comfort.

Optimism comes from a palette of colours that include vibrant hues, almost-neon tones and sometimes, pastels. While an array of clothes are normcore and are seen summer after summer, looks are elevated with clever styling - say wearing basic denim shorts with a trendy one-shoulder top, accessorising with layered necklaces and tying an old-school braid. And honestly, styling tips are aplenty only if we have these must-have summer clothes in handy in our wardrobes:

Mini Skirts

Resurging from the 2000s era, mini skirts are appearing as fashion favourites this year. This summer will see styles of mini skirts presented by fashion brands - ruched, denim, pleated, flared, asymmetrical and all that lies in our memory after two decades of being dormant. These skirts can transition from day to night wear with little effort involved.

Breezy Maxi Dresses

You can never go wrong with long dresses. They're one of the most versatile fashion pieces that can transition you from the office to a party, or even to the seaside. Maxi dresses, as they're also known, have been there for a while, but this summer, it's becoming a celebrity choice.

Mini Dresses

Short dresses and summer go hand in hand. If we had to name one thing we love about them, it'll be the grace it displays. Just like mini skirts and long dresses, short dresses, too, come in a variety of patterns.

Shorts

Shorts need no introduction as they're a girl's best friend (after diamonds of, course?). The ones who are conscious can opt for the Bermuda style, while other women can try wearing hot shorts.

Co-ord Sets

Printed or solid coloured coordinates are taking the internet by storm. It's seen everywhere from the runways to the streets and honestly, you can wear it anywhere, depending on its kind. A family meeting, a shopping spree, or at the gym - are few to name.

One-Shoulder Tops

The ascend of one-shoulder styles is at its peak today with it being seen in western clothes as well as Indian wear. One-shoulder tops, in particular, are separate that can be tucked into bottoms ranging from joggers to jeans and skirts to shorts.

Kurtas

We bet, this is your favourite summer go-to. Breezy cotton on a humid day is an easy way to escape the heat while completing the scheduled tasks simultaneously. If work lasts from the AM to PM, we'd recommend you to wear a light kurta, if you don't already.

Frequently Asked Questions

Q. What should I wear for summer at home?

A. Breezy maxi dresses are perfect for a day at home whether spent simply lounging around or working. It's comfortable and chic, and perfect for the summers.

Q. How can I look classy in summer?

A. The key to looking classy in summers is by incorporating chic fabrics like linen, khadi, muslin, cotton, etc into your wardrobe. Pick shorts, dresses and co-ords that are made with these fabrics for looks that are both classy and comfortable.

Q. How do you dress nice in hot weather?

A. Looking nice in hot weather is not very difficult. Just pick a sleeveless linen dress, add some jewellery to your look — preferably earrings and stacked rings with minimal necklaces — and finish your look with open-toed shoes.

Q. Which colour of the shirt is best worn during summer?

A. For summers, it is advisable to wear white, pastels or any light hues. **– Femina**

Handicrafts to use for home decor

Brass handicrafts

Brass provides a durable and sturdy decor option. There are so many brass handicrafts and show pieces like vases, table tops, wall art, lamps, ornament boxes, plates, bowls and figurines.

True brass tends to oxidize quickly when exposed to air and hence check that the brass product you are buying has been given a clear coating of lacquer.

Any brass product will have to be regularly polished to keep the shine intact and remove any tarnishing.

Jute handicrafts

Give a wow factor to your drawing room with one of the most affordable natural fibers Jute. There is a huge range of jute products which includes bags, rugs, lamps, tables, office stationery, curtains wall-hangings and many more.

Jute products are eco friendly and offer a natural, green way to decorate the house.

Clay handicrafts

Clay pottery is supposed to be one of the most ancient forms of handicrafts in India.

You can choose from lovely terracotta planters or clay serving utensils to beautiful vases to decorate the house. Not only these products look beautiful but food cooked in the pottery is considered good for health.

There are multiple types of clay pottery - terracotta, red, black and grey pottery.

Wooden handicrafts

Decorate your house with wooden furniture, toys, utensils, decorative pieces, jewellery and many more designer household goods like lamp shades, candle stands, vermillion boxes, jewellery boxes, bangle holders.

Carved wood furniture is a treasured furniture item in a lot of homes.

Dhokra handicrafts

Dhokra is one of the oldest forms of handicrafts. Dhokra candle stands, pen stands, ash trays, horses, elephants, peacocks, owls, religious images, measuring bowls and other show pieces give an extra edge to the corner of your house.

Dhokra cast metal and ironware has a rugged vibrancy about it. It looks beautiful in any corner of your home.

Marble handicrafts

To enhance the beauty of your house decorate it with marble decorative vase, marble elephants for the drawing room, pooja thali, idols of god for the spiritual room.

Art and metal ware handicrafts: Wall art designing for living room is a new trend. One can choose from varieties of designs to go in sync with your living room. **IANS**

Greenery pushes realty in & around Ramohalli

Ramohalli main road, that connects Mysuru Road with Magadi Road, is turning out to be one of the faster developing areas in the periphery of Bengaluru. Apart from locals, this road was earlier frequented by those who wished to travel to Big Banyan Tree or Manchanabele. However, many Bengalureans are now planning to build a house in and around this road due to affordable properties being available.

"When buying plots, we look at the major infrastructure projects, especially roads, so that the connectivity is better. I feel that Ramohalli has excellent connectivity towards Mysuru and Magadi Road. As both these roads will now have metro extensions, residents can also hope to get mass transport options. In Mysuru Road, the metro line is being extended to Challaghatta. On the other hand, Magadi Road will see an extension of the third phase of metro train services from Toll Gate to Kadabagere Cross. Besides the metro, there are excellent bus services being offered by the Bengaluru Metropolitan Transport Corporation (BMTC) as well, which makes travel safer. This is why we are seeing a lot of inquiries for buying plots in and around Ramohalli," said Aradhya R, a realtor.

Sundar S, a resident of Kumbalgod, said that if one travels to the Ramohalli area, there is an air of freshness since there is a lot of greenery around. This is why many want to stay in these areas - in the midst of greenery. "We find a lot of nurseries dotting the road as well. For us, this road is best remembered to reach Big Banyan Tree, which is still a very well protected tree campus. There are also many travel destinations nearby like Thippagondanahalli reservoir backwaters, Mancnahabele, Savandurga, and Magadi fort," he said.

Meanwhile, the Bangalore Development Authority (BDA) is also constructing an arterial road that will connect Mysuru and Magadi roads. This arterial road is 10.57 km in length and 100 metre in width. It is being developed along with a service road and a boulevard.

This road will provide access to nearby areas as well as nine blocks of Nadaprabhu Kempegowda Layout. The Kempegowda Layout project has been taken up by the BDA by acquiring land from 12 villages. They include: Seegehalli, Kodigehalli, Kannelli, Manganhalli, Kenchanpura, Sulikere, Ramasandra, Kommaghatta, Komaghatta Krishnasagara, Bheemanakuppe, Challaghatta, Bheemanakuppe, and Ramasagara villages.

The total extent of proposed development is 4,043 acres. In the first phase, the project is being developed in 2,252 acres. 26,500 sites are to be developed.

– Prakash VL

Many Bengalureans are planning to build houses here due to properties being affordable

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Want to know about plot loan tax benefits?

A plot loan is a loan made available by a bank or lender to applicants whose primary need is to purchase a plot of land on which to build their dream home.

When applying for a loan, most of us look for tax breaks. Many people wonder if tax breaks are available for plot loans as well. While there is no definitive answer, we can safely say that it is dependent on what the buyer intends to do with the purchased plot. It is broadly classified into two categories:

· If you buy a plot with no intention of building anything on it and plan to sell it for a profit in the future as a long-term investment, you will be disappointed to learn that you are not eligible for any tax benefits.

· However, if you intend to buy a plot of land to build a villa, bungalow, house, or any other structure, you are eligible for tax breaks. The tax benefit applies to both loans: the plot loan used to purchase the plot and the home loan used to build a house on the plot.

How To Enjoy The Tax Benefits On A Plot Loan?

A tax benefit on a plot loan can be obtained only if a building is constructed on the plot, and even then, only after the construction on the plot is completed. However, once the construction is completed, we will be able to take advantage of the tax breaks listed below.

Section 80c Tax Deduction

Section 80C of the Income Tax Act of India examines various investments and expenditures that are exempt from Income Tax. You can claim a deduction under this section for the principal repayment of your plot and home loan, but not for the interest portion of your home and plot loans. This allows you to deduct up to INR 1,50,000 from your annual taxable income.

The title transfer costs for the plot and the registration costs are also included in the exempted limit if paid in the year that the home was completed.

Section 24 Tax Break For Plot Loan

Section 24 of the Income Tax Act states that once the home is completed and you have occupied it, you can deduct the interest component of your plot loan. However, in order to take advantage of this benefit, you must convert your plot loan into a standard home loan. This plot loan-to-home loan conversion is simple and can be obtained upon completion of the house construction on the plot. This is accomplished by submitting to the bank or lender a completion certificate and an occupation certificate.

The maximum deduction applicable on total taxable income under this section is INR 2,00,000, and INR 1,50,000 if you missed filing returns for the year and are now filing them, and if the house owner and/or his family reside in the newly constructed home. However, if the constructed home is rented out, the entire interest is forfeited. **–Times Property**

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G20 University connect convenes

Kristu Jayanti College organised the G20 University Connect International Conclave on G20 Presidency: Responsibilities and Opportunities in collaboration with Consular Corps Diplomatique-Bangalore Chapter on Thursday. The conclave was aimed at facilitating an understanding of the significance of India's G20 Presidency and enabling students to engage and be involved in the G20 process on the sidelines.

The inaugural session of the G20 University Connect saw the presence of His Excellency, Nitirooge Phoneprasert, Consul - General of Royal Thai, Consulate General Chennai, His Excellency, Achim Burkart, Consul – General, Consulate General of the Federal Republic of Germany Bangalore, Shabeena Sultana, Honorary Consul, Tunisia and Fr Dr Augutine George, Principal, Kristu Jayanti College. There were also four plenary sessions that initiated deliberations on Environment and sustainability, Startup and innovation, Trade and investment, and Global Health.

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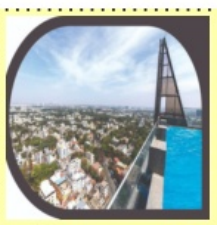

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personal

CHANGE OF NAME

I, GULZAR AHMEED, R/a,#165/46, 2nd Cross, Manjunathanagar, New Guddadahalli Bangalore-26. I, have changed my name to GULZAR AHMED,Vide affidavit dated 01/03/2023, Sworn before Notary :H.S. Sakalesh Aradhya, Bangalore

I, Mohammed Iqbal Allias Nashtar residing at Farooqia Manzil 100 feet Road,lliyas Nagar, New Mandi, Doddapete, Shivamogga -577202 have changed my name to Mohammed Iqbal vide affidavit dated 2.3.2023 sworn before Notary V Anjanappa Bangalore

I, Tabassum Mohammad Yakub Suriya w/o Riyaz Rafiq R/o #72/1 Hormany Apts, Flat.402, 4th floor, Venkateshpuram, KG Halli, Bengaluru 560045 have changed my name to Tabassum Suriya Affidavit Dt.03/03/2023 notary Ganesh Gowda M.V, B'luru

I, Fredrick Ian Paul Besterwitch s/o George Besterwitch R/o #503, 3rd floor, 3rd B main, 5th cross, ombr layout, Bengaluru 560043 have changed my name to Ian Besterwitch affidavit Dt.03/03/2023 notary Ganesh Gowda M.V, B'luru

I, Keshavamurthy R/o No 15, Sri Lakshmi Channakeshava Nilaya, Bhanashankari Layout, Rajanukunte, Bangalore-560064 have changed my minor daughter's name from Impana Keshavamurthy to Impana Keshava for all purposes.

I, N V Srinivas, N V Shrinivas and Nistala Venkat Shrinivas R/o Flat.D002 Arun Patdos, Kenchanahalli, Yelahanka, Bengaluru 560064 have changed my name to Nistala Venkat Srinivas affidavit Dt.03/03/2023 notary Ganesh Gowda M.V, B'luru

I, Harshith M s/o Mervyn Maxwel C.D R/o #73, Saraswathamma Vijaya Deva Building, 1st cross, Vidyana - gar, Bengaluru 560057 have changed my name to Harshith, Affidavit Dt.03/03/2023 notary Ganesh Gowda M.V, B'luru

I, Poovamma R/o #236 DS Max Starry Apts, Electronic city Phase-1, Shikaripalya, Bengaluru 560100 have changed my name to Poovamma Koopadira Subbaiah Affidavit Dt.03/03/2023 notary Ganesh Gowda M.V, B'luru

I, Mallesh Rane s/o Prakash R/o #203, 2nd floor, Pragathi Royal 2, Doddathoguru, Electronic city Bengaluru 560100 have changed my name to Mallesh Prakash Rane affidavit Dt.03/03/2023 notary Ganesh Gowda M.V, B'luru

I, Aswin Byrana Ramesh R/o Flat.51152, Prestige Falconcity, Konanakunte cross Rd, Doddakallasandra, B'luru 560062, have changed my name Ashwin Byrana Ramesh affidavit Dt.03/03/2023 notary Ganesh Gowda M. V, B'luru

I Soniya Dorasiya, R/a #B-206, SUBHODAYA LAURUS. 2nd Main Road, Belathur Kadugodi, whitefield. Bangalore-560067, have changed my name to Soniya Gorle vide affidavit dt 03.03.2023, before Notary B.M.Chandrashekar

I, Sri Padma Priya Venkatesh R/o A-003, Hoysala Commanders Galleria, 3rd Cross, Tatanagar, Kodigehalli, B'luru-560092 have changed my name to Sri Padma Priya Krishnan for all purposes.

I HOSHIAR SINGH S/o. PADAM SINGH, R/o No 101, AMR Homes,3rd Cross, G M Palya, Bangalore-560075, have changed my name from HOSHIYAR SINGH to HOSHIAR SINGH for all future purposes.

I, Ashoka Kumar K M S/O, Muniswamy Gowda K V R/o No.4/b 4th Cross 3rd Main 2nd Block Om Shakthi Lyt Ayyappa Nagar K.R.puram Bangalore-560036 have changed my name to Ashok Kumar K M for all purposes.

I, Yousef K Hassain R/o Celebrity Harmony, Bandenallasandra, Jigani, Bengaluru have changed my minor son's name from Izahak Kandathileth Yousef to Izahak Yousef for all purposes.

I Vijayalaxmi W/O Madhava R/o Flat No-15, 4th Floor, Meenakshi Residency, Nagashettyhalli, Bangalore 560094 have changed my name to Vijayalaxmi Madhava for all future purposes

I Sucheta Nagar W/O, Danish Hyder R/o House No 60,flat 7,vk House, Patel Rameiah Road,lingrajpuram Bangalore,560084 have changed my name to Sucheta Hyder

I, Anoop Kumar Jain S/o Anand Jain R/o B1101 , Hiranandani lake Verandahs Akshayanagar B'lore-560076 have changed my name to Anoop Jain for all purposes.

I, Deepak Eshwarlal Patel R/o Om Nivas No-3 & 4 Harmony Villa , Off Sarjapura Main Rd , Doddakannalli B'lore-560035 have changed my name to Deepak Patel for all purposes.

I Shilpa Manojkumar, W/O Manoj Kumar Hunasimarad R/O Yelahanka New Town ,Bangalore, have changed my name to Shilpa Dodwad for all purposes.

I, Simran V Jain, R/o #7, Wood Street, Ashok Nagar, Bangalore-560025, have changed my name to Simran Sankhla.

I NEHA KAPOOR, W/o Vivek Tandon R/o No. 303, Iris, Sonesta Cosmos, 10th Main, 13th Cross, Malleshpalya, Bangalore 560075 changed my name to NEHA KAPOOR TANDON vide affidavit dated 1-Mar-23 sworn before notary Sreedharan Nair P N, Bangalore.

I, Rohit Raykar R/o B-102, 1st Floor, B Block, Hatha Coconest, Kempapura Main Road, Behind Top In Town Market, Yemalur, Bengaluru South-560037. Have changed my name to Rohit Rajendra Raykar.

LOST & FOUND

NOTICE: is hereby given that the Lost of Share certificates No.0001763 & 0001764 and Security Deposit Receipts Nos. 000147 and 000148 for equity shares of CENTURY GALAXY DEVELOPERS LIMITED for 3848 Shares in the name of Ms. Faridaa Khan Any person who has a claim in respect of the said shares should lodge such claim with the Company at its Registered Office at B Tower, 9th Floor, Corporate Block, Diamond District Kodihally, Bangalore 560008 within 15 days from the date of this advertisement, else the Company will proceed to issue Duplicate share certificates.

I, Raghu V R/a #14, 1st & #34;c & #34; cross, 22nd main, JC nagar, Kurubarahalli B'lore 86. I have lost my sale deed agreement paper Doc no tmk-1-9009/2012-13 & tmk-1-9009/2012-13. Gift deed agreement paper doc no tmk-1-3367/2017-18. If anybody found please hand over to the nearest police station or above address or contact 8073963720

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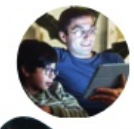
HEALTH TIP: Shutting off electronics can help your body do what it needs to do in the evening: produce melatonin and wind down to go to sleep



UV rays (in particular, UVA rays) can penetrate the windows in your home and office and cause wrinkling and brown spots

PICK UP YOUR YOGA MAT

Exercise can be even more effective than counselling/ medication for depression

The world is currently grappling with a mental health crisis, with millions of people reporting depression, anxiety, and other mental health conditions.

Mental health disorders come at great cost to both the individual and society, with depression and anxiety being among the leading causes of health-related disease burden.

The covid pandemic is exacerbating the situation, with a significant rise in rates of psychological distress affecting one third of people.

While traditional treatments such as therapy and medication can be effective, our new research highlights the importance of exercise in managing these conditions.

Our recent study published in the British Journal of Sports Medicine reviewed more than 1,000 research trials examining the effects of physical activity on depression, anxiety, and psychological distress. It showed exercise is an effective way to treat mental health issues – and can be even more effective than medication or counselling.

Harder, faster, stronger

We reviewed 97 review papers, which involved 1,039 trials and 128,119 participants. We found doing 150 minutes each week of various types of physical activity (such as brisk walking, lifting weights and yoga) significantly reduces depression, anxiety, and psychological distress, compared to usual care (such as medications).

The largest improvements (as self-reported by the participants) were seen in people with depression, HIV, kidney disease, in pregnant and postpartum women, and in healthy individuals, though clear benefits were seen for all populations.

We found the higher the intensity of exercise, the more beneficial it is. For example, walking at a brisk pace, instead of walking at usual pace. And exercising for six to 12 weeks has the greatest benefits, rather than shorter periods. Longer-term exercise is important for maintaining mental health improvements.

How much more effective?

When comparing the size of the benefits of exercise to other common treatments for mental health conditions from previous systematic reviews, our findings suggest exercise is around 1.5 times more effective than either medication or cognitive behaviour therapy.

Furthermore, exercise has additional benefits compared to medications, such as reduced cost, fewer side effects and offering bonus gains for physical health, such as healthier body weight, improved cardiovascular and bone health, and cognitive benefits.

Why it works

Exercise is believed to impact mental health through multiple pathways, and with short and long-term effects. Immediately after exercise, endorphins and dopamine are released in the brain.

In the short term, this helps boost mood and buffer stress. Long term, the release of neurotransmitters in response to exercise promotes changes in the brain that help with mood and cognition, decrease inflammation, and boost immune function, which all influence our brain function and mental health.

Regular exercise can lead to improved sleep, which plays a critical role in depression and anxiety. It also has psychological benefits, such as increased self-esteem and a sense of accomplishment, all of which are beneficial for people struggling with depression.

Not such an 'alternative' treatment

The findings underscore the crucial role of exercise for managing depression, anxiety and psychological distress.

Some clinical guidelines already acknowledge the role of exercise – for example, the Australian and New Zealand Clinical Guidelines, suggest medication, psychotherapy, and lifestyle changes such as exercise.

However, other leading bodies, such as the American Psychological Association Clinical Practice Guidelines, emphasise medication and psychotherapy alone, and list exercise as an "alternative" treatment – in the same category as treatments such as acupuncture. While the label "alternative" can mean many things when it comes to treatment, it tends to suggest it sits outside conventional medicine, or does not have a clear evidence base. Neither of these things are true in the case of exercise for mental health.

This may be because exercise is hard to prescribe and monitor in clinical settings. And patients may be resistant because they feel low in energy or motivation.

But don't 'go it alone'

It is important to note that while exercise can be an effective tool for managing mental health conditions, people with a mental health condition should work with a health professional to develop a comprehensive treatment plan – rather than going it alone with a new exercise regime.

A treatment plan may include a combination of lifestyle approaches, such as exercising regularly, eating a balanced diet, and socialising, alongside treatments such as psychotherapy and medication.

But exercise shouldn't be viewed as a "nice to have" option. It is a powerful and accessible tool for managing mental health conditions – and the best part is, it's free and comes with plenty of additional health benefits.

— By Ben Singh, Carol Maher, and Jacinta Brinsley (The Conversation)

All problems solved

Dear Coleen

I've been married 43 years. I willingly paid all household bills.
Eventually, my wife picked up the phone bill and then started paying for her own car bills (I still gave her housekeeping until 10 years ago).
The children are now nearly 40 and my wife works part-time for a supermarket.
When we downsized six years ago I was working less, and she reluctantly agreed to pay half the household bills.
I've retired but my wife still wants me to contribute to housekeeping. I've refused as she earns more now.
I've said when her income drops to match mine I'll start contributing. Her reply was: "So this is payback time".
Now my life is hell; I dare not talk about money or ask for anything.
While I paid for everything, money was never mentioned, but now we row constantly.
I have to continually ask for toiletries and so on.
I just eat whatever's in the larder. I have no idea what she does with her wages.
She works nights, so my days are spent quietly to not disturb her.

COLEEN SAYS

You've got a real block around money and finances are often the cause of problems.
As an outsider looking in, it seems you've taken on the lion's share for most of your married life – now it's her turn. The point is, a marriage is a partnership and she needs to know that. You kept the family afloat for years, but you're not in a position to keep doing that.
So, I guess it is "payback" because you help each other out when one of you is doing better. It sounds like you hate confrontation. But I think there's a bigger problem that needs addressing – you're living together but you're living separate lives.

—Coleen Nolan, Daily Mirror

MIRRORLIGHTS

Increase your omega-3 fatty acid intake

A higher level of omega-3 fatty acids may be associated with an increased protection from severe covid, according to a study.

The research, published in the American Journal of Clinical Nutrition, explored the role of omega-3 fatty acids, especially EPA and DHA, and whether they might be protective against contracting or suffering adverse outcomes of covid.

The researchers from Fatty Acid Research Institute and the University of South Dakota, US compared the risk for three covid outcomes: testing positive, hospitalisation, and death as a function of baseline plasma DHA levels.

The three outcomes were available for 110,584 subjects (hospitalisation and death) and for 26,595 ever-tested subjects (positive covid-19 PCR test result).

In the fully adjusted models, subjects with the highest Omega-3 Index levels were 21 per cent less likely to test positive than those with lowest levels.

Subjects with the highest Omega-3 Index levels were also 26 per cent less likely to be hospitalised than those with lowest levels, and risk for hospitalisation was 11 per cent lower per 1-SD increase in DHA percentage, the researchers said.

—PTI

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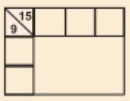
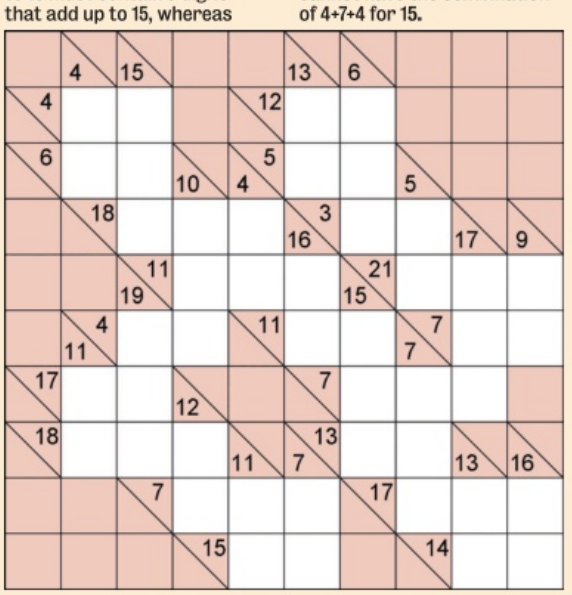
Kakuro

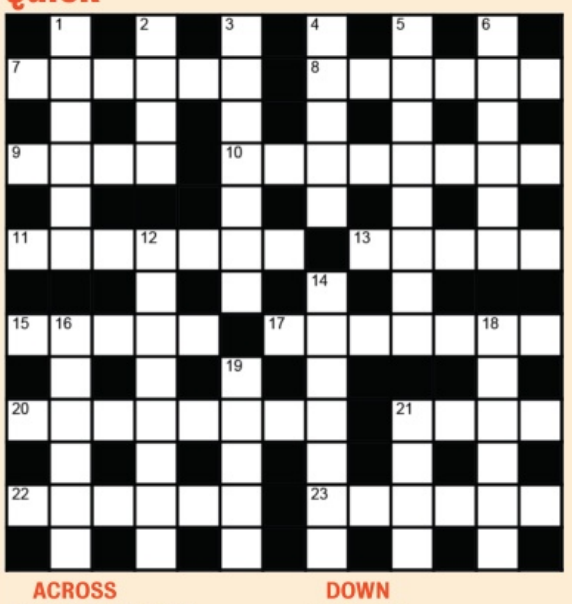
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Capital of Texas (6)
8 Snake-haired woman (6)
9 English painter (4)
10 Effrontery (8)
11 Does over, revises; modernises (7)
13 Sired (5)
15 Tennis star Rafael ____ (5)
17 Divulges; makes known ? (4,3)
20 Dame Fortune? (4,4)
21 Wood cutting tools (4)
22 Rat-like animals (6)
23 Happily or willingly (6)

DOWN

1 Sheen (6)
2 Remain behind (4)
3 Sets up a pitched dwelling? (7)
4 Festival that marks the beginning of the Kannada new year (5)
5 Parentheses (8)
6 Merchant of Venice lawyer (6)
12 Dissects (8)
14 Escape of liquid or gas (7)
16 Embodiment or incarnation (6)
18 Ill (6)
19 Formal visitor (5)
21 Health resorts (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS H

UEQWZWA IQWH JQL GQZW EOH UQAT NFJJQL EQKW LEFL OL UOGG KGWFHW QLEWAH.

Linemaro

I love the way your eyes flash when you are angry

Mindchow

Sometimes you have to get to know someone really well to realise you're really strangers

Joke of the day

What did the judge order in his whiskey? Just ice

Loop

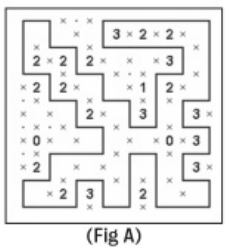
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

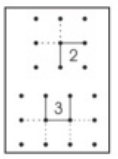
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



(Fig A)



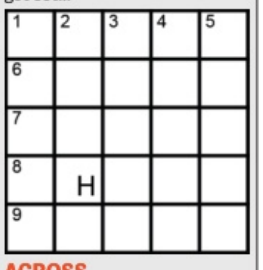
(Fig B) Not Allowed

Strikeout

This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

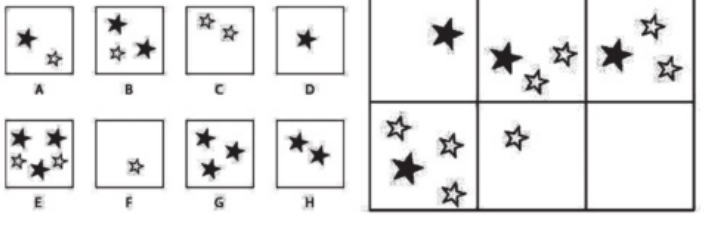
1 Be erg; 6 Niler;
7 Oasis; 8 NHS us;
9 Is gee

DOWN

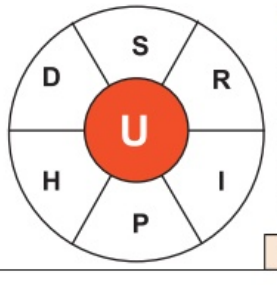
1 Slogs; 2 Irish;
3 Nee us; 4 Begin;
5 Saree

Mensapuzzle

Which is the missing square?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

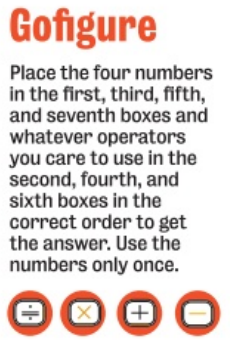
SudokuChallenge

						4		
		1	8		3			5
3			1	6				
7	8			5		2		9
	3						6	
9		5		1			7	3
				9	5			2
4			2		6	1		
		3						

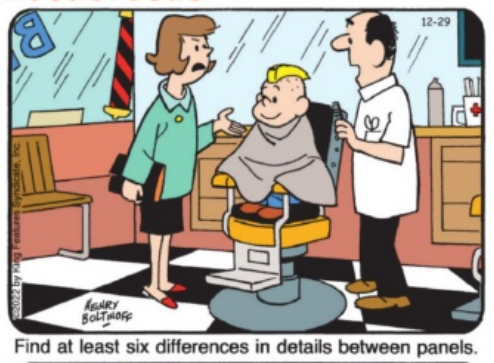
To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

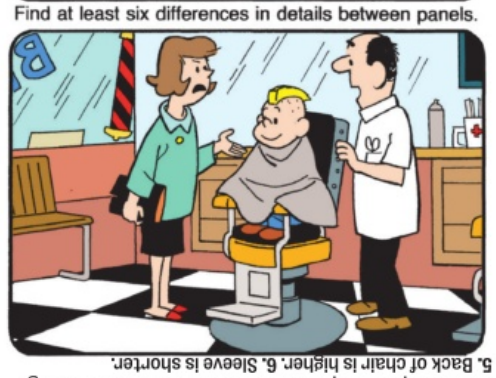
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus



Find at least six differences in details between panels.



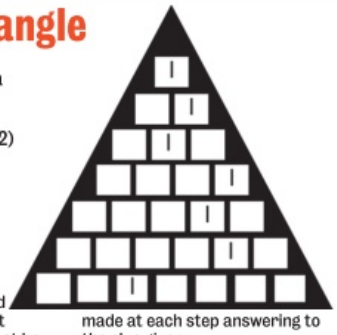
Differences: 1. Foot rest is lower. 2. Foot is moved. 3. Barber pole stripes are different. 4. Comb is missing. 5. Back of chair is higher. 6. Sleeve is shorter.

Riddler

Crack the code to find three types of cake: JATJKK, BOIZUXOG YVUTMK, INUIURGZK LAJMK. Code is sequential i.e. if you think A = G then it will follow that B = H, C = I, and so on

Alpha triangle

1 Egoistic letter
2 Do Re Me Fa So La
3 Louse egg
4 Against
5 Dined at home (3,2)
6 Keep in custody
7 Holy



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

GOOD JOB, HEART!
WHOA! THIS IS THE HIGHESET GRADE I'VE EVER GOTTEN!
AND I GUESSED ON A LOT OF THESE QUESTIONS!
I SHOULD APPLY TO JUILLIARD NOW WHILE I'M RIDING THIS WAVE OF LUCK.
HEART OF THE CITY © 2022 ANDREWS MCMEEL
@OOMICS.COM/HEARTOFTHECITY

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are more energetic and excited. Your focus towards your goals may be very good. Your network may help you grow your business. You are advised to follow your intuition before making investments in fixed assets. Your emotional relationship with your spouse is likely to be improved, which will maintain domestic harmony. Singles may find their soulmate.

Taurus Apr 21 – May 20
Today you may be busy with family and friends. You will plan to go for outings. Your children's education will keep you busy. Their health may leave you upset. You are advised to keep control on your tongue and ego, otherwise it may affect domestic harmony.

Gemini May 21 – Jun 21
Today you are advised to be careful about signing contracts. Read documents carefully. Due to over excitement, you can make silly mistakes. Your boss may be cooperative now. You are likely to get promotions in terms of work. Lovebirds are advised to avoid discussing family matters.

Cancer Jun 22 – July 23
Today you may feel dull. The moon will make you impatient and nervous. You will criticize yourself. You are advised to keep an eye on your opponents and rivals. You should avoid fantasy in terms of your profession. You shall postpone making new investments. You are advised to take care of your mother and elders.

Leo Jul 24 – Aug 23
Today is a favourable day for you. You are likely to get some inherited property. You may also expect to recover bad debt, which may boost your financial health. Losses are likely to convert to profits now. There may be some improvement in relationships with your loved ones. Students will be able to choose their right career.

Virgo Aug 24 – Sep 23
Today you may be busy at work. You may take some important decisions, which may boost your business. You may also expect a big order which will grow your brand. Disputes with your spouse will be settled now, which may create family harmony.

Libra Sep 24 – Oct 22
Today you are blessed by elders. You may be more spiritual. You are likely to visit some spiritual place with family and friends. You will also plan to visit some of your elders or a consultant for advice. Singles will likely find their soulmate. Lovebirds will enjoy dates.

Scorpio Oct 23 – Nov 22
Today you may feel dull. You may have some mysterious fear scaring around you. You are advised to visit some spiritual place or chant some prayers to come out of this messy situation. You are advised to keep an eye on your opponents and business rivals, otherwise you may be a victim of conspiracy. It is advised for lovebirds to avoid unnecessary arguments.

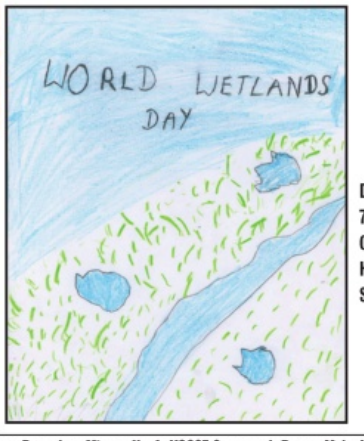
Sagittarius Nov 23 – Dec 22
Today you may be busy with family and friends. You may plan to go to parties and watch movies. Mutual respect may arise between couples, which may be a reason for a strong foundation of your domestic life. In partnerships, many disputes may be resolved. Students are advised to take quick decisions in terms of their career.

Capricorn Dec 23 – Jan 20
Today you may perform well at work. Your bonding with your boss is likely to be improved. Your opponents and rivals are now under control. Money which was stuck is likely to be recovered now. This may increase your liquidity in business.

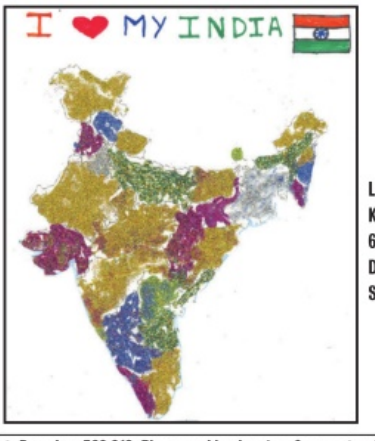
Aquarius Jan 21 – Feb 19
Today you may be busy with your children. Their health is likely to improve. You may plan for their academics. Couples may welcome a new child in the family. You may use your presence of mind to settle disputes in terms of business and social life.

Pisces Feb 20 – Mar 20
Today, you may be disappointed. You are not focused. Negative thoughts may leave you upset. You are advised to connect with positive people around you. You may plan to migrate from one place to another. Jobseekers may find a new job. Students are advised to keep patience. Singles will likely find a good match.

KIDZONE



Darini A, 7 years, Cathedral High School



Laaibah Khan, 6 years, Delhi Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
9-5:3+24 = 45:3+24 = 15+24 = 39

BULL'S EYE
PRUDISH, push, rush, spud, spur

STRIKE OUT

N	I	H	I	L	I	S	T	C	A	B	S			
I		A		E	A	A	R	O	N	A				
C	A	B	I	N	E	T	S	B	O	L	D			
E		I	A		A	S	R	I		I				
R	A	T	E		E	N	C	H	A	N	T	S		
	L		O		S		A		T	I	M			
A	C	E		E		B		S			A			
D	E	P	E	N	D	E	D		E	S	N	E		
E		R	E	D		A		F		C		D		
P	A	I	R		A	D	J	U	R	I	N	G		
S	A	T	E		B	E	A	D	I	N	G	S		

QUICK

	L	S		U	B	P								
	S		E		G	O	R	G	O	N				
A		S	T		I	N		G	L	A	D	L	Y	
	T		S		E		A		P		E			
L	A	D	Y	L	U	C	K		S	A	W	S		
	V		L		G		A		N					
N	A	D	A	L		L	E	T	S	O	U	T		
	N				S		L		T					
R	E	V	A	M	P	S		B	E	G	A	T		
	R				M		I		K		I			
E	T	T	Y		A	U	D	A	C	I	T	Y		
	S		A		C		A		R					
A	U	S	T	I	N		G	O	R	G	O	N		

STAFF NURSE

FAST FIVE

G	R	E	B	E
S	H	U	N	S
O	S	S	I	A
L	I	N	E	R
S	I	E	G	E

RIDDLER
Dundee, Victoria Sponge, Chocolate fudge A becomes U, B becomes V.... etc.)

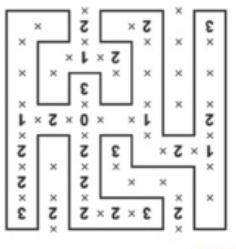
SUDOKU

8	6	9	5	2	7	4	3	1
2	7	1	8	4	3	6	9	5
3	5	4	1	6	9	7	2	8
7	8	6	3	5	4	2	1	9
9	4	5	6	1	2	8	7	3
1	3	2	9	7	8	5	6	4
6	1	7	4	9	5	3	8	2
4	9	8	2	3	6	1	5	7
5	2	3	7	8	1	9	4	6

ALPHA TRIANGLE
I, TI, NIt, AntI, Ate In, Detain, Sainted.

GO FIGURE
Easy
4 + 3 + 7 + 3 = 17
Medium
2 + 4 x 1 + 1 = 7
Hard
9 x 2 + 4 − 8 = 14

LOOP



KAKURO

MENSA PUZZLE
H: each row and column contains three black stars and four white stars

QUOTE UNCODE
Whoever does not love his work cannot hope that it will please others.

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RRR, a winner again
And the winning streak for 'RRR' continues. Actors Alia Bhatt and Jr NTR have been awarded the 'Spotlight Award' at Hollywood Critics Association 2023

BangaloreMirror | 14
Saturday, March 4, 2023
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Entertainment Industry Promotion

No task too tough for Sam

As fans get ready to feast their eyes on the first trailer of the Priyanka Chopra and Richard Madden starrer Citadel, director-duo Raj and DK have been busy working on the Indian instalment of the global spy thriller.

The Indian version of the series will feature Varun Dhawan and Samantha Ruth Prabhu in lead roles as they interconnect the Indian plot with others from around the globe. In a recent interview, the directors opened up about the role Samantha will play in the upcoming series and hinted that it might just be her toughest role yet.

In conversation with Film Companion, Raj and DK revealed that Sam and Varun have very strong 'author-backed roles'. For the leading lady, the directors said that they plan to 'use Samantha's abilities' and challenge her to open up different aspects as a performer. According to reports, Samantha will have a role that is said to be high on action. She will be joined by Varun, who will also be seen performing some over-the-top action sequences crafted by action director Yannick Ben.

Actress busy working on role that is said to be high on action

—ETimes

Right to live

19 20 21
3.0 RATING ★★★☆☆
- **DIRECTOR** Mansore
- **ACTORS** Shrunga BV, Mahadev Hadapad, MD Pallavi, Balaji Manohar, Avinash, Rajesh Nataranga
- **CERTIFICATION** U/A
- **DURATION** 150 minutes

The title – 19 20 21 - of this movie is about the Articles 19, 20 and 21 of our Constitution that explain our fundamental rights to freedom of speech and expression, protection in the respect of conviction for offences, and protection of life and liberty. The movie is based on true events that took place more than a decade ago.

The movie begins with Anti-Naxal Force personnel beating tribal people for plucking fruits from trees in the forest of Western Ghats. They plead with Anti-Naxal Force personnel not to beat them and cry that they want their children to be educated to ensure the latter do not have to suffer due to the police brutality. At this juncture, the director introduces Manju (Shrunga BV), the son of Ramanna (Mahadev Hadapad), who becomes the first from his community to get a college degree. Manju demands the government give basic amenities to his village that has no electricity, toilets, roads, and anganwadis. He also tries to educate his community about their rights.

Meanwhile, the Anti-Naxal Force tries to find evidence to show that Manju is a naxal and his parents supplied food and shelter for naxals. While Manju was at a hostel in Mangaluru to do an MA, the Anti-Naxal Force entered his home, beat his father and seized household items including a book on Bhagat Singh. Manju and his father are charged with sedition as well as Section 19 and 20 of the Unlawful Activities Prevention Act (UAPA). What happens to Manju and his father is what 19 20 21 is about.

Director Mansore, who handled the megaphone for movies Harivu, Nathicharami, and Act 1978, deserves appreciation for selecting a true incident to make this movie that not only narrates pathetic condition of gullible tribal people but also showcases high-handedness and brutality of a few police officers.

Some of the scenes, including a police inspector torturing innocent people, Anti-Naxal Force personnel beating a tribal mercilessly, and a sister meeting her brother in police custody, and a scene where the protagonist is compelled to write examination in handcuffs, have the potential to haunt the audiences for a while after watching this movie at theaters.

As far as the performance of the actors is concerned, all have acted well, but it is Shrunga BV and Mahadev Hadapad who walk away with all honours for their sterling performance. They are at their best in a prison scene and in the climax. MD Pallavi provides good support. Krishna Hebbale, as a cruel police inspector, is convincing. The other actors such as Sampath Maithreya, as a victim of ANF brutality, Balaji Manohar, as a lawyer who fights for human rights, Rajesh Nataranga, as an activist, have acted well.

It is worth a watch for those who want to know about the real life incident that took place in Dakshina Kannada district and also know how police officers (not all police officers) go to any extent to book wrong cases against innocent people.